



Birthday Bags

Meals on Wheels Rowan provides participants with a special gift bag on their birthday. Thanks to our generous donors and volunteers who help fill our Birthday Bags to celebrate participants on their special day!

Suggested Items

Seasonal & Special Items:

- Placemats
- Cards
- Knitted items
- Blankets
- Hats, gloves, scarves

Personal Care Items:

- Lipstick
- Lip balm
- Emery board
- Manicure kit
- Shampoo & conditioner
- Body wash & soap
- Lotion
- Hand cream
- Vaseline
- Deodorant
- Brush and comb
- Shower cap
- Toothbrush & toothpaste
- Floss
- Picks

Entertainment Items:

- Puzzle books (large print): crossword, word search, & sudoku
- Sharpened pencils & pens
- Notepads
- Note cards & envelopes
- Bookmarks
- Adult coloring books/markers
- Magazines: Our State & Salisbury Magazine

Practical Items:

- Post-it Notes
- Tissues (pocket size)
- Socks
- Bedroom slippers
- Night lights
- Flashlights
- Hand towels

Items to put it all together!

- Gift bags with handles: at least 10"x12"
- Tissue paper
- Ribbon

For more information, contact Alexandra Fisher at
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